

# THE SENIOR CONNECTION

## CENTER HOURS:

Monday through Thursday  
9 am to 7 pm, Friday 9 am to 4p  
Saturday, 9 am 12 noon

Beavercreek Senior Center  
3868 Dayton Xenia Road  
Beavercreek, Ohio 45432  
Phone: (937) 426-6166  
Website [www.ci.beavercreek.oh.us](http://www.ci.beavercreek.oh.us)

Volume VI, issue 7

OCTOBER 2014

## DANCE GROUP TO PERFORM THURSDAY, OCTOBER 2, 12:30PM

Articulate Ability is a "Not For Profit" organization set up by like minded dance artists to support artistic ability of people with disabilities. In this sojourn AA has focused on the Visually Challenged, nurtured their dance ability and brought them to a very high level of proficiency. The Challenged artists have to their credit more than 1500 performances across the globe. The artists, through their exhibit of their danceability, have supported several causes by raising funds for Charitable organizations. The five Legally Blind dancers are on a concert tour across the USA to support projects in India. The artists are always eager to share their talents and experiences and let their ability, despite disability, be an example.

## CANDIDATES & ISSUES FORUM

There will be a candidates and issues forum here on **Wednesday, October 15 at 1 pm**. This program will introduce you to all the candidates and issues on the November ballot. Please plan on attending so that you are well informed before voting. Many folks think the Greene County Council On Aging (GCCOA) Senior Service Levy that passed in May this year was for our Center. That money goes directly to the GCCOA who in turn provide grant funding for 10 senior centers in our County. Our grant is 50% of our budget and the other 50% is from the city's general fund. State cuts have significantly reduced the city's budget and will soon leave the city with a shortfall.

## ANNUAL HEALTH FAIR

The Beavercreek Senior Center, in cooperation with the Beavercreek Professional Fire Fighters, will be hosting their 6th annual Health Fair on **Friday, October 24 from 9 a.m. – 2:00 p.m.** There will be at least 30 Vendors, many providing free health screenings, Vial's of Life, educational materials and professional advice on healthy living and wellness. This event will feature testing for, among other things, glucose, blood pressure, cholesterol, vision and hearing. **Flu shots will be available.**

## HALLOWEEN PARTY

The Center will hold their annual Halloween party on **Thursday, October 30**. We will serve lunch at noon then party and judge costumes at 12:30pm. This year we are looking for some great costumes for valuable prizes so be getting them ready. It will be a **scary**, I mean a carry-in, so bring a covered dish to share with others. The Center will provide the main dish depending on what we find dead on the road, I mean **road kill**, I mean meat. Don't be **afraid** to dress up. Just decide **witch** one to wear. Our costume numbers were a bit down from last year so please join in and dress up. This is always one of the funniest events. Tickets are \$5 members \$10 non-members .



## Recreation

### CARDS

**MONDAYS** - Hase (Euchre) 1pm

**TUESDAYS** - Bid Euchre 9am

**WEDNESDAYS** - Bridge 12:30pm

**FRIDAYS** - Euchre 1pm



### ORGANIZED POOL PLAY

**TUESDAYS** - 1pm to 3pm Drop In Group

**WEDNESDAYS** - 9:15am 12 pm tournament

**THURSDAY** - 10am to 12pm Drop In Group

### GAMES

**TUESDAYS** - Wii Bowling 10am

**WEDNESDAYS** - Mah Jongg 9:30am

**WEDNESDAYS** - Corn Hole 1pm,

**WEDNESDAYS** - Dominos 2pm



### CARDS & GAME NIGHT

**FRIDAY** - 1st Friday of each month 7pm to 9 pm  
May pay \$1.00 come at 6pm for pizza or chicken

## MONTHLY/BIMONTHLY PROGRAMS

**MONDAYS** - 2nd Monday Red Shirt Guys 9am  
Red Hat Ladies 12:30 pm

**TUESDAYS** - 2nd & 4th Tuesday Care Giver Group  
9:30am

**THURSDAYS** - 1st & 3rd Thursday Wellness Checks,  
11:45am Bingo 1pm

**THURSDAYS** - 4th Thursday Book Club 1pm

**FRIDAYS** - 2nd Friday Family Quest 10am, 3rd Friday  
Warm Up America 1pm

## DROP IN CLASSES MEET ONCE A WEEK

**MONDAYS** - Line Dance 1:30pm

**TUESDAYS** - Art Class 10am

**THURSDAYS** - Knitting Class 2pm



## EXERCISE AND FITNESS



### EXERCISE VIDEOS

**MONDAYS - WEDNESDAYS & FRIDAYS**  
9 am to 10 am & 10 am to 11 am

### SIGN UP OR DROP IN

**TUESDAYS** - ZUMBA 1:30 to 2:30 pm

**THURSDAYS** QiGong 4:00 pm to 5:00pm

### FITNESS WITH BRIAN

**MONDAYS, WEDNESDAYS, & FRIDAYS**

11:30am—12 pm



### FITNESS ROOM

The Center has a fully equipped fitness room with treadmills, bikes, elliptical, and more for cardio workouts as well as 20 top of the line nautilus machines for strengthening and toning. The fitness area is open Monday through Thursday 9 am to 7 pm, Friday 9 am to 4 pm & Saturday 9 am to 12 pm

## Special Events & Programs

### BEAVERCREEK SENIOR CENTER RED HOTTIES

Thirty four Red Hotties enjoyed visiting the Golf Course Grille for our September luncheon. Monday, October 13 at 12:30 Queen Mary will be hosting a "Box Lunch & Bunco Party" at the Crossing's Clubhouse on Patrick Blvd. Take New Germany-Trebein to left onto Varner, which becomes Patrick Blvd., to Clubhouse. If you didn't pay your \$10 at the last luncheon then GET to the Center front desk to sign up and pay so you won't be left out. Box Lunch choices are Ham, Turkey or Tuna Salad. We will show you how to play Bunco and there will be prizes plus extra door prizes donated by Sandy Baker of the Summit at Park Hills in Fairborn. We welcome any lady member to join our lunch group. Just phone Mary Hamer at 431-1314.



### RED SHIRT GUYS

The Red Shirt Guys will meet for a delicious breakfast on **Monday, October 13** at Dallas Diner, 1072



Kauffman Ave. Fairborn This breakfast meeting is held on the second Monday of each month and is open to all men who are members of the Beaver Creek Senior Center. You may join the fellows anytime as a new member. For more information or to join the group please contact Ron DeRamus at 937- 673-0547. Wear your red shirt!



### CASINO PARTY

So many of you have been asking us and asking us to do the casino day. Since everyone enjoyed it so much we **gambled** and **booked** them to return to our Center on **Friday, November 14 from 1 to 4 pm**. We will provide snacks and drinks (not a meal) and cost is \$20 members \$30 non members. There will be a variety of games to play like black jack, showdown, dice games and more. There will be some great door prizes given out throughout the day. There are limited number of spaces available so get yourself signed up today. We **bet** you will have a good time! So don't **call our bluff** or **roll the dice**. Sign up today because it will be a sellout!



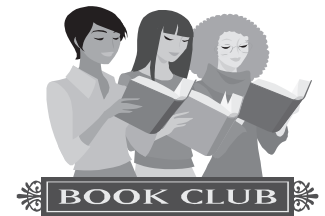
### MEMORY TALK

One of the GCCOA most requested programs is for information and support regarding memory loss and dementia. In response, we are now offering the *Memory Loss, Dementia & Alzheimer's Disease* program most every month, with the October session scheduled for the Beaver Creek Senior Center on **Tuesday, October 21<sup>st</sup> from 6:30pm to 8:30pm**. This program is for those of us concerned about our own memory challenges, as well as those caring for a loved one with some type of dementia, including Alzheimer's disease.



### News & Notes LUNCH PROGRAM

The Older Americans Act supports the lunch program served at the Center on Tuesday and Thursdays at 12 noon. You must sign up by 11 am the day before by calling the Center for a reservation at 426-6166. There is a suggested donation of \$2 but not required.



The club meets on the **4th Thursday of the month at 1 pm**.

The group has selected ***Orphan Train*** for the book in October. Please feel free to join the group. For more information contact Carolyn at 426-0864.



## BOOK NOOK

**DESTINY of the REPUBLIC** - Candice Millard - A tale of madness, medicine and the murder of a president. James Abram Garfield was one of the most extraordinary men ever elected president. Born into abject poverty, he rose to become a wunderkind scholar, a Civil War hero, a renowned congressman, and a reluctant presidential candidate who took on the nation's corrupt political establishment. But four months after Garfield's inauguration in 1881, he was shot in the back by a deranged office-seeker named Charles Guiteau. Garfield survived the attack, but became the object of bitter, behind-the-scenes struggles for power -- over his administration, over the nation's future, and, hauntingly, over his medical care. Meticulously researched, epic in scope, and pulsating with an intimate human focus and high-velocity narrative drive, **THE DESTINY OF THE REPUBLIC** brings alive a forgotten chapter of U. S. history. Remember, date, initial and return for others to enjoy.

## TRAVEL with DEB



"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October". ~Nathaniel Hawthorne  
Thanks to Joy Travel for the visit on September 3<sup>rd</sup>. If you missed it, they have trips to everywhere this fall and everywhere else next year. Contact them at 1-800-875-4569 for details. The Christkindlmarkt in Indiana Weekend Get-A-Way on November 14-16 is our tour for this fall. Leave Friday morning and return Sunday evening. Starting at \$355 for a double room. Join us for this wonderful taste of a European Christmas market in Indiana! An American Bus Association "top 100 event"! On this tour, enjoy Dr. Ted's Musical Marvels, Ferdinand's Christkindlmarkt Eve Ceremony and dinner at St. Gertrude Hall in the Monastery for a delicious meal by the Schnitzelbank. Visit St. Joseph Church, an 1880 Romanesque old-world church. Experience the German custom as you wander through the festival-like setting sampling delicious foods, snacks and sweets and enjoy the live entertainment. Tour includes: Motor coach transportation, 2 nights accommodations, 2 breakfasts, 2 dinners, touring as noted, taxes and gratuities on meals and accommodations, baggage handling and a JOY TOUR Director. The motor coach will pick up at the Beavercreek Senior Center if we can get 10 or more people. If not, Lathrem in Kettering will be the pick up spot. Call to book directly with Joy Travel at 1-800-875-4569. Brochures are available at the Senior Center. See you on the coach.

Deb



## YOGA RETURNS

Please join the class as we begin a new session. No experience necessary. Payment is due at the time of registration and there are a limited number of spots!

The Center will be offering the yoga class on Monday evenings from 4 to 5 pm beginning

**Monday, October 6th.** The 6 week session will be held in the Great Room and is \$20 per session for members, \$40 for non members. One class drop-in fee is available at \$5 for Center members and \$10 for non members, only if there is space available.



## STAFF NOTES AND MORE

### Lee's Notes to Folks

October is here- time for some Oktoberfest beer. Actually many of the fests are in September but called October. I always wondered why that is. The Bengals have gotten off to a nice start this year. Let's hope they can continue to play well and quiet down some of the nay sayers and fair weather fans I come across. The Buckeyes, however, appear to be just an above average team this year. I am sure they will improve as the season goes on but not enough for the new playoff system this year. The Big Ten is already struggling this year, to where it is embarrassing! I remember when I was younger the Big Ten was one of the strongest conferences but it has dropped off significantly. On the fun side we have our Halloween Party coming up and I am looking forward to seeing some great costumes so don't let me down.

I want to thank and recognize a few members who reacted to an emergency situation at the Center and actually saved a members life. Thanks is not nearly enough from the staff at the Center and our member. Thanks Danny Boehm, Dick Kavalauskas, Pat Carter, Martha Tobe, Krissi and Judy for your quick thinking and actions!

### Til next time...



### BEAVERCREEK STRUMMERS

The Center's performance band practices at the Center on Thursday mornings at 9:30 am. The band plays many shows throughout the community and If you are interested in a performance contact us at 426-6166. Any member is welcome to bring their instruments and play with them at practice. Free to members only, non members pay daily fee. Members are always welcome to stop by on Thursdays from 9:30 to 11:30 am to enjoy their practices!



### KNITTING CLASS - KNIT WITS

The Center is offering a beginners knitting class, **Thursdays from 2 to 3:30 pm.** You will need 1 pair of #7 knitting needles and 1-sugar'n cream skein (ball) of yarn. This is a drop-in class and new folks are welcome! This class is free and for members only.



### HEARING TESTS

We are having hearing checks, including checking and/or cleaning hearing aids, at the Center. Butch from the Hearing Aid Center, Fairborn will be here the third Thursday of the month from 11 am to 12 noon. The test will be held in the hallway near the restrooms and theater and he will take folks on a first come first serve basis.

### COMPUTER LESSONS

Computer lessons are offered once a week for 4 weeks for an hour each time. These are individual lessons. If you wish, bring your own laptop, iPad or iPhone. Cost for four weeks for members only is \$20. Please remember to sign up at the front desk. For more information you may call 426-6166.





The open enrollment for Medicare D and Advantage plans is October 15<sup>th</sup> through December 7<sup>th</sup>. And before you turn the page because you already have coverage, please understand that having your coverage and 2015 options reviewed is critical. Each year the plans that are available change in some way. So what you have may work for your situation right now, but will it work for you in 2015?

Karen Burkhardt will be available throughout the open enrollment period, along with other staff and volunteers. Our team is trained by the Ohio Department of Insurance through their Ohio Senior Health Insurance Information Program and we are not affiliated with any insurance company or product. Our objective is to make sure you have all of the information available so you can make the best decision for your unique situation. For some, staying with the same Medicare D or Advantage plan will make sense, but for others, a different plan may be worth considering. For many beneficiaries with whom we have previously worked, it may only take a phone call or two to identify and share your options. Please keep in mind that our healthcare needs change, as do these plans. Karen is scheduled to be in the Council's Beavercreek satellite space at 3095 Dayton-Xenia Road (BeaverView Health Center building) every Tuesday from 9am to 5pm through December 2<sup>nd</sup>. She is also available to meet with you at the Council's office in Xenia to review your individual options. Please call or e-mail her to schedule an appointment, or plan on attending the Medicare Check-Up detailed below. Karen can be reached at the Council office at 937-376-5486 or 1-888-795-8600 or karen.b@gccoa.org.

#### **MEDICARE CHECK-UP & WELLNESS EVENT**

The Council's Medicare Check-Up & Wellness Event is Wednesday, October 22<sup>nd</sup> from 11am to 6pm at the Xenia Community Center (1265 W. Second Street) in Xenia. This event is free and open to all seniors. Council team members and volunteers will be stationed in a number of the Center's classroom to meet with Medicare beneficiaries to review your options and make any changes, as appropriate. We will also have a variety of displays and booths set-up in the gym for you to check out from 11am to 4pm. Some of the information items will include osteoarthritis, fall prevention, preparing for your mammogram, and senior discounts in Greene County and beyond. From 12pm to 3pm, pharmacists from Walgreens will be on hand for flu shots as well as to review your medications. If you are interested in a review, please put into a bag your prescription bottles or your prescription list, over-the-counter-meds, and any vitamins/herbs you take and bring them to the Check-Up. Secure shredding bins from Greene Inc. will be on-site for you to drop off old papers and records, there will be healthy and tasty refreshments for you to enjoy, and we will have a number of door prizes. Flyers are available at the Center and you can request one by contacting the Council at 937-376-5486 or info@gccoa.org.

#### **MEMORY LOSS PROGRAM AT THE CENTER**

On Tuesday, October 21<sup>st</sup> from 6:30pm to 8:30pm, the Council will present *Memory Loss, Dementia & Alzheimer's Disease* at the Senior Center. Flyers are available at the Center. For more information or to register, please contact Pam Dorsten at 937-376-5486 or pam.d@gccoa.org.

#### **FOR CAREGIVERS:**

The Caregiver Support Group will meet the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays – October 14<sup>th</sup> and 28<sup>th</sup> at 9:30am, in the conference room of the BeaverView Health Center building at 3095 Dayton-Xenia Road (dark brown building, two lots west of McDonald's). Our first two meetings in the new space went quite well in August and we look forward to introducing the space to even more caregivers in the months to come. For more information, please contact the Council at (937-376-5486 or info@gccoa.org).

## MORE PROGRAMS

### TRANSPORTATION PROGRAM



Our transportation program provides Beaver Creek seniors rides to places such as; dialysis, doctors, groceries, hairdressers, the Center and many other locations. When requesting a ride with our transportation please note we require a minimum of 48 hours in advance. If for some reason we can't meet all requests for a certain day (rarely happens) we make sure our medical requests take top priority. When scheduling riders for a medical appointment we have expanded our destinations to include medical appointments to local hospitals such as Miami Valley Hospital and the Base Hospital, as well as doctor's offices in Fairborn and Xenia. Fee for a ride is \$2 each way in Beaver Creek and \$4 each way outside the City or Township. The Center also sells punch cards (in \$20, \$30, \$40, & \$60 increments) for regular riders so you don't have to have cash each time you ride and the escort simply punches your card. **If you are retired with time on your hands, why not volunteer to drive for the Center. Staff is very friendly and our riders so appreciative. The good feeling you receive from volunteering, helping folks, is priceless.**

### WELLNESS CHECKS



Crestview Manor is here the **1st Thursday** and Heartland of Beaver Creek on the **3rd Thursday** of the month from **11:45 to 12:45** to provide health checks, blood pressure, glucose, etc. The friendly nurses often bring little presents for those that get checked out each month. The ladies will also keep a log of each visit to see how folks are maintaining their health. We thank both companies for volunteering to provide these services to our members!

### FAMILY QUEST

Betty Magee, topic the Quaker beliefs.

This group has experienced some unbelievable new discoveries. It is open to all members and meets on the 2nd Friday of each month at 10am. Remember it is never too late to get started and this group is the best place to start! Don't let all the stories and history from you, your family and ancestors go without documenting. It could be lost forever. Let family Quest help you keep those memories alive. The next meeting is **October 10 at 10am.**



### VETERANS DAY PROGRAM



The Center will honor our veterans on their special day on **Tuesday, November 11 at 12 noon**. Our kitchen ladies will prepare a delicious meal especially for our vets. You are invited to come share your appreciation and support and enjoy lunch with them. The lunch is free for our Veterans and \$5 for all others. Registration is required so please sign up at the front desk. To all our veterans and those men and women serving our country today, thank you for your service! Our very own Beaver Creek Strummers will perform their special patriotic show so you won't want to miss this.





BEAVERCREEK  
SENIOR  
CENTER

PRSRT STD  
US POSTAGE  
PAID  
DAYTON, OHIO  
PERMIT NO 728

Mailing Address: 1368 Research Park Dr.  
Beavercreek, Ohio 45432

Location Address: 3868 Dayton Xenia Rd.

\*\*\*If you are interested in receiving this  
newsletter, please contact the Center.

### City of Beavercreek Parks, Recreation and Culture:

Provide benefits of the outdoors – clean, fresh air; walking trails, nature exploration and enjoyment; stress release; family time; neighborhood camaraderie and community pride,

Preservation of open space limits the impacts on City Street and Police Departments,

Provide recreation opportunities close to home for all ages

Maintain Veterans and 9-11 Memorial,

Social and transportation opportunities through the Beavercreek Senior Center,

Are home to facilities for youth and adult athletic programs,

Provide a park in nearly every neighborhood,

Improve property values through open space and park facilities,

Protect natural passive park areas,

Reduce air and water pollution and minimizes storm water  
runoff issues.

